=

Bhagwad Gita → Song of God

Indian spritual practice help achievement of goals of the Psychology ie, wisdom & Knowledge, courage, humanity etc

Goal of Indial ψ → Self-realization.

Bhagwad Gita : Systematic Scientific approach for solving problems faced by bold warrier.

- Message has Universal application.

* Krishna helped Arjun as a Councelor.

- Source of emotional intelligence & imp. in management education.

Religion - Sanatan
Lang - Sanskrit
Author - Vyas
Verses - 700 Shloka

- Dialogues btw Krishna & Arjun.

574 (Krishna)
85 (Arjun)
1 (Dhritrashtra)
40 (Sanjay.

- Directive Counselling.
- Written 450 BCE (added to Mahabharat
  700 BC (Written

SHOUT
SHARE **IT**

Chapters

- Total 18 Chapters called Yoga.

↳ "Fun" to train ba
& mind.
Goal is attainment of consciousness.

⇒ First 6 (Karma Yoga) (1 to 6)

- Attaining consciousness through actions.
- Arjun Vishada
  Sankhya
  Karma
  Janana
  Karma Varagya
  Abhyasa
- Mean to final goal.

(7 to 12)
⇒ Middle 6 Chapters (Bhakti Yoga)

- Principally pertains to the path of devotion.

(13-18)
⇒ Final 6 Chapters (Janana Yoga)

Attaining ultimate consciousne through intellect.

- Mean is the Goal itself

YOGA

4 Paths of Spirituality

- Karma (Action)
- Bhakti (Devotion)
- Janana (Knowledge)
- Raja

1) Karma Yoga

काम करो फल पाने के लिए।

- Chapter 3 in Gita.
- Need & neccessity of Action.
- Know before you do, should not merely follow spritual injunctions.

* NishKam Karma → Detached action.

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elfless action is satisfying for Karma Yogi.

* Self realization can be achieved through selfless action/desireless action.

Gita as "The Gospel of Selfless Action."
— Mahatma Gandhi

2) Bhakti Yoga

— Ultimate devotion to one Supreme Spirit. (not necessarily a God or person, can be what you desire)
+
Right Knowledge

3) Janana Yoga

- Path of Knowledge, wisdom & direct realization of Brahman (Inner mind).
- aka "Buddhi Yoga"
- Goal is Self realization.
- Path prefered by intellectuals.

4) Raja Yoga

aka "Yoga of Meditation."
- Emphasis on strengthening inner sublime.
- Combⁿ of Karma Yoga & Bhakti Yoga.

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Qualities of Satvic Nature:

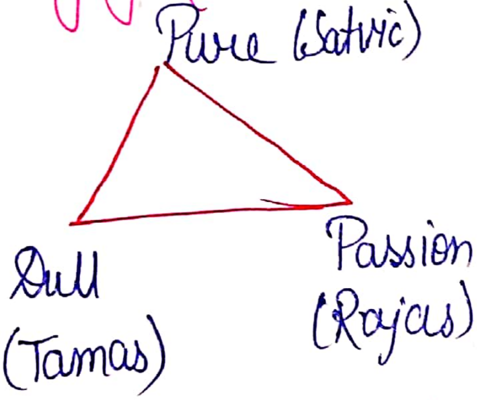
- Serenity, Self control, Austerity (तपस), Purity, Forbearance, Uprightness, Knowledge (Theoretical), Wisdom (Personal exp.), Faith

Qualities of Rajasic Nature / Raj Guna:

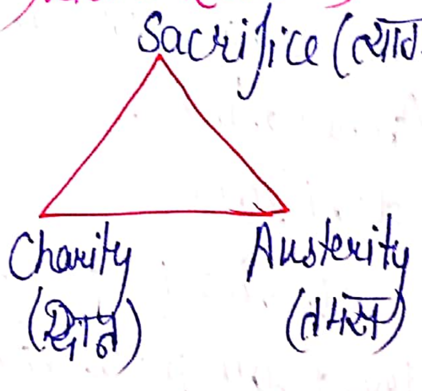
Vigour & Constancy, Fortitude (Powerfull will of personality), Promptitude (Alert & vigilant). No fleeing from battle, Generousity, Lordliness.

Three fold system of

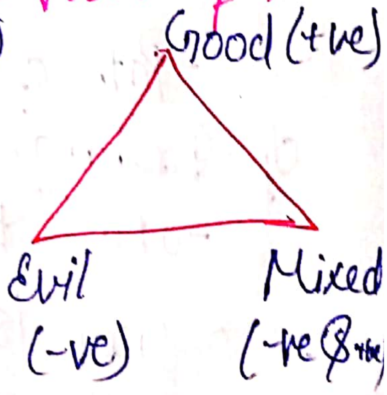
1) Tyaga (Abondment)


Pure (Satvic)
Dull (Tamas)
Passion (Rajas)

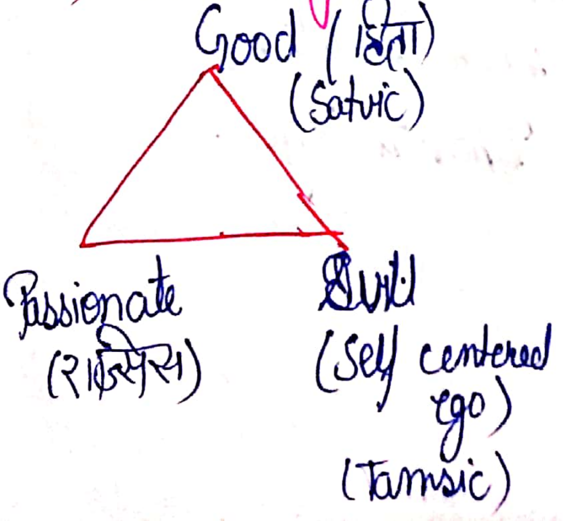
2) Action (Karma)


Sacrifice (त्याग)
Charity (दान)
Austerity (तपस)

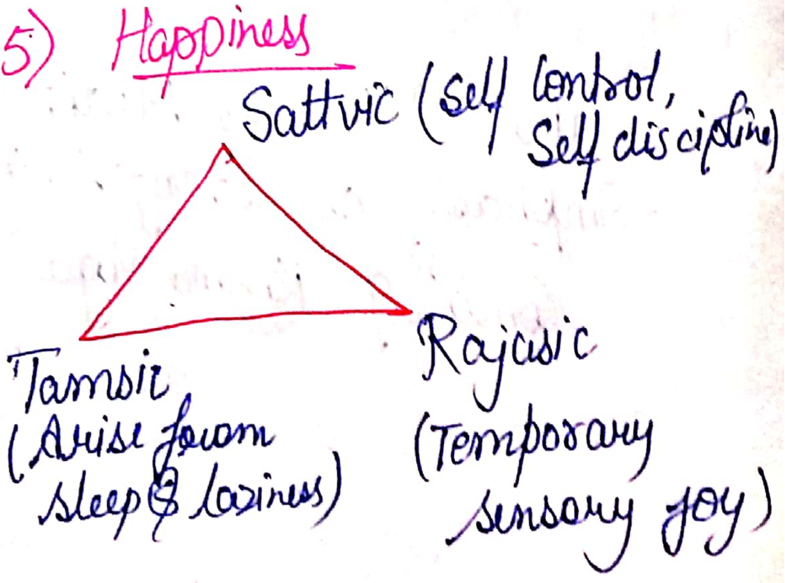
3) Fruit of Action


Good (+ve)
Evil (-ve)
Mixed (-ve & +ve)

4) Knowledge


Good (हिता) (Satvic)
Passionate (राजसिक)
Evil (Self centered ego) (Tamsic)

5) Happiness


Sattvic (Self control, Self discipline)
Tamsic (Arise from sleep & laziness)
Rajasic (Temporary sensory joy)

quillibrium of Universe

Universe

Constituded by

Three function
- ✓ Creation △
- ✓ Beservation
- ✓ Destruction

Three Gunas
- ✓ Satvic
- ✓ Rajasic
- ✓ Tamsic

Three Factors
- ✓ Time
- ✓ Space
- ✓ Causation.

Gita As a Counselling Process

- As a counselling in Battlefield (Both literally and ψlogically i.e, inner conflicts)
  - └ Ramchandra Rao (1962)
- Krishna as first counselor in Indian context.
  - └ Narayana Rao (2009)
- Diff. btw Western ψ counselling & Bhagwad Gita Consulling by Swamy Rama (1985)
  Krishna as Counselor & Arjun as a client seeking Therapy.

Imp.
- Particular impo. to overcome fear of death & face death peacefully.

- Self Control → used for anger managemen
  in teachings of Bhagwad Gita.
  ∟ Rangaswamy, 1996.
- Defined Attachment as a source of Misery.
- Counselling is a guided process & is based on Dharma.

BUDDHISM

Started in India by Siddhartha Gautam

Buddha Meaning Awakened one (Name changed after achievement of enlightenment/(Nirvana)

Nirvana → Enlightement + freedom from cycle of death & rebirth

- Four Sights that changed his life thinking -
  1) Old Man.
  2) Ill Man
  3) Funeral party
  4) Travelling Monk.

" We all get sick, grow old & die."

- Initial method ⇒ Deny all pleasure & follow life of extreme asceticism. (Could not attain happiness through this)

- Idea of Middle Way/Middle Path ⇒ Do not completely deny / completely accept physical body & relationships.

- Attained Enlightment through ⇒ Self denial
  Discipline
  Meditation.

- Teachings of Buddha used to liberate people from cycle of life & death.

- Language in which teachings are written in ⇒ Pali Language

Branches of Buddhism

Theravada Buddhism aka Doctrine of Elders.	Mahayana Buddhism	Vajrayana Buddhism
Hinayana - Path of Elders.	The Great Vehicle	The Diamond / Thunderbolt Vehicle
- Focus on => Indi. enlightenment & exp. - Monastic life. (Monk life) - Original teachings & themes of Buddha. - If followed, Nirvana is achieved.	- Focus on => Collective freedom from suffering. - Zen Buddhism (China) - Tibetan " - Pure land " - Tantric " - Less strict rules	- Quicker path to enlightment. - Physical Intercausal Spiritual

Teachings Of Buddhism

a) Nirvana - A State Beyond Sufferings

Main Element => Dhamma (Pattern of reality & Cosmic order)

Collection of Scriptures of Buddha's teaching => Canons. Preserved through chanting

1st & Best Known → Pali Canon (Three collections aka baskets.)
↳ Dead language.

Three baskets aka Pitaka
- Suta (Buddha's Sermons (writings)) (What to wear, how to live et
- Vinaya (Monastic rules) (Discipline basket)
- Abhidhama (Scholastic works)

Principles

- No belief in God.
- Imp Not a religion but a tradition focusing on personal spiritual development.
- 6 in number ⇒ Dukkha ie, Suffering
  - Clinging
  - Four noble truth
  - Eight-fold path
  - Concentration
  - Mindfulness.

1) Dukkha (Suffering)

- Defined by Claxton in 1992.
- Related to not being satisfied } Situation.
  - Hard to bear
  - off the mark
  - Frustrating
- Brings about anxiety in a person.

Ex → 1) Discripancy b/w perceived and expected reality causes Dukkha.
- Can act as a part of feedback mech. to guide beh. (Miller, 1960)

2) Discripancy b/w real self & ideal self act as a part of feedback mech. to beh. change & personal growth. (Stein & Markus, 1996)

→ Escape Cond^n as an act to reduce dukkha.
Ex ⇒ Purging bh. in Binge eating disorder.

2) Clinging

Tendency of mind to crave for & clinge to certain sensation, perception, beliefs, expectations etc. When this tendency/craving is not satisfied, it leads to anxiety / Dukkha.

Ex. Cause of Midlife Crisis ⇒ Clinging to an unrealistic image of how life should be at some point.

Craving & Clinging is the cause of dukkha in Buddhism.

- Clinging results in a resistance to change. (Maul & Maul, 1983)
- Also produce distortion in perceptions impairment in thinking.
- Cb Glasser (1976) → Clinging on to +ve things i.e., a positive addiction & to avoid dukkha we must be flexible enough to change the activity when addicted activity is not feasible.

3) Four Noble Truths

1) Suffering exists i.e., Life is filled with dukkha

Suffering arise from attachment to desires i.e., the source of dukkha is craving leading to clinging.

3) Suffering ceases when attachment to desire ceases i.e., Dukkha ends when clinging ends.

4) Freedom from suffering is possible by practicing the eight fold path. i.e., being free from craving & defilement.

- Buddhist ψ is more humanistic in nature.

Three poisons of mind as identified are → Anger
Greed
Delusion.
↓
Being free from these is Defilement.

4) The Eight Fold Path

aka roads to cessation of sufferings & to enlightenment.

These are -:

1) Right view/understanding
2) Right thought/intention

} Wisdom (Panna)

3) Right Speech
4) Right Action
5) Right Livelihood

} Morality (Sila)

6) Right Effort
7) Right Mindfulness
8) Right Concentration

} Mental (for intellectual growth)

- These three sections are reciprocally & mutually supportive

5) Concentration

- Learned control of the focus of one's attention
- Very root of judgement, character & will.
  - William James, 1890.
- Produce relaxation of mind & body through meditation & relaxation training.

6) Mindfulness

- To be fully aware what & how we are doing at given point.
- To fully enjoy the moment.
- To maximize awareness of a moment.
- Found in Theravadin Vipassana Literature.
  Insight meditation.

4 foundations of mindfulness by Buddha in satipatthan

Body
Feelings
Mind
Mental factors

- Critical in dev. of self control.

* Stress reduction clinic — By Jon Kabat-Zinn at University of Massachusetts in 1990.
aka Mindfulness-based stress reduction.

SUFISM

Main object of ψ study → Human being as a wealth of body & soul

body ↓ Can act/functio

soul ↓ Able to move in form of motive

In Sufism, Personality i.e, akhlak involve body & spirit.

Body ←——→ Spirit
Opposing

- but in principle need of each other.
- Bridge btw these two → nafs/self.

- First mention of term 'nafs' by Robert Frager, a pioneer equating western ψ & sufism.

Essential Sufism (Book) by Robert Frager
James Fradiman
Huston Smith.

Defined sufism as a holistic approach integrating physical, psychic & spirit.

Three Central ideas in Sufi Islamic ψ -

Nafs (Self/ego/psyche)
Qalb (Heart)
Ruh (Spirit)

1) Nafs (Self/ego/psyche) -

Totality of physical & spiritual dimension of a person.

- viewed in a continuum & has potential of func
from grossest to highest level.
(+ve) (+ve)
- Controlled by emotions

- 7 levels of nafs from -ve to +ve. (Identified in Quran)

-ve Tyrannical Nafs (Light blue) (Governs crime aka the annoying nafs.) → Regretful Nafs (Red) (Begs forgiveness & realize bad deeds) May not be able to change) → Inspired nafs. (Green) (True pleasure in prayer etc.)
↓
Tranquil nafs. (white) (Principle ruler is wisdom & love) → Happy nafs (Yellow) (Gratitude to God, Satisfied) ← Pleasing to God nafs. (Black) (Acquire true inner unity)
↓
Sacret Nafs. +ve (Colorless) (No ego/self is left but only have union with God i.e., ectasy).

2) Qualb
- Spiritual heat containing deeper intelligence & wisdom
- Purifies gross personality traits.
Act as a mediator btw. Nafs & rooh.

Nafs ⟷ Rooh
Mediated by Qualb.

Rooh

- In direct connection with divine even if this connection is unconscious.
- 7 levels/facets ⇒ Mineral, vegetable, animal, personal, human, secrete & secrete of secrete soul.
- It is holistic in nature.
- Goal to develop strength & achieve balance btw diff. levels.

Principles of Sufism

- Called as Irfan.

Zikr	(To remember)
Fikr	(To think)
Sahar	(To awaken)
Jui'i	(hunger)
Suamt	(to observe silence)
Saum	[to fast (body, mind & heart)]
Khalvat	(to observe soltitude
Khidmat	(to serve)

Integral Yoga

aka **Supramental Yoga**

Imp - Yoga based philosophy & practice of Sir Aurobind

- Integrate mind, body & spirit using physical practices & philosophical approaches.
- Include practice of — Asana (Yoga postures)
  - Pranayama (Breathing exercise)
  - Meditation
- Goal => To realize spiritual unity
  - To live harmoniously
  - To bring senses under control
  - To have a well disciplined mind
  - To discover psychic being

Three types of being

Outer Being	Inner/Subliminal Being	Psychic Being The ~~inner Being~~
- Physical, vital & mental levels of being. - Surface consciousness & experiences.	- Inner aspects of the physical, vital & mental being. - Larger conscious than everyday consciousness. - It's realization necessary for higher spiritual realization - Transition btw outer & psychic being - Through sadhna	~~Transitional btw outer & psychic bein~~ - Innermost being. - Personal evolving soul.

* Psychicisation :- transformation of outer/ego
by pschic.
Outer → to → Psychic.

* Superamentalization
- Realization of supermind/supermental conscious
- Final stage of integral yoga
- Only few can achieve.

Seven quadrates/Achievers of Integral Yoga
- Shanti (Peace, calm)
- Shakti (Power)
- Vijanana (Knowledge)
- Sharira (Body)
- Karma (Divine work)
- Brahma (Realization of inner self)
- Siddhi (Realization.

Six Branches of Integral Yoga
- By Swami Satchidanand Saraswati.

→ asan & pranayam, → Self desciptine → Devotion → Selfless service
- Hatha (हठ), Raja (राजा), Bhakti (भक्ति), Karma (कर्म), Jnana (Knowledge), Japa ~~(Jap~~ (जाप).

↳ Path of wisdom. ↳ Mantra repetition.

ACADEMIC ψ In India

Pre Independence

Imp

⇒ Ist ψ department & laboratory ⇒ 1916 at Calcutta University
Dr. N.N. Sen Gupta

Imp

⇒ Indian ψanalytical society ⇒ 1922 by Dr. Girindra Shekhar Bose.
↳ 1st PhD Scholar from Indian ψ field.
'Concept of repression.'

⇒ ψ included as a distinct division of Indian Science Congress ⇒ 1923, by Sen Gupta.

⇒ 2nd oldest ~~division of~~ dept. of ψ ⇒ 1924 at Mysore university by M.V. Gopalaswamy.

Imp Till 1998 ⇒ M.A
Now ⇒ MSc.

⇒ Ist Indian ψlogical Association ⇒ By ~~Sen Gup~~ S.N. Gupta in 1925
Imp.

⇒ Ist Indian Journal of ψlogy ⇒ In 1926 by N.N. Sen Gupta.

Imp
⇒ Book, Instructions to social ψlogy ⇒ In 1929 by N.N. Sen Gupta & Radhakamal Mukerjee.

Imp
⇒ Book, India theories of perception ⇒ In 1934 by Jadunath Sinha

⇒ Madras ψ society ⇒ Estb. in 1944.

⇒ ψ department at Patna ⇒ 1946, headed by H.P. Maiti.

2) Post Independence Era

⇒ Journal 'Samiksha' ⇒ In 1947 by Girindra Shelter Bose.

⇒ ψ research wing ⇒ Est. by India Gov. Defence Ministry in 1949

⇒ Dep. of ψ named as exp. ψ ⇒ In 1950 at University of Pune headed by V.K. Kothurkar.

⇒ Book, In the minds of men ⇒ Joint venture of UNESCO, Gardner Murphy & many Indian ψ to find cause of communal violence in 1950.

Imp

⇒ University Grant Commission ⇒ Est. in 1956. (32 new ψ dept.)

⇒ First Journal of ψ research ⇒ Published in 1957 by "Madras ψ society".

⇒ Oxford of East ⇒ University of Allahabad (4th oldest university in India);

Imp.

⇒ Training programm in Clinical ψ ⇒ In 1955 at All India inst. of mental Health (Today's Nimhans) through Collaboration with Erikson & McClelland.

⇒ Indian Association of Clinical ψ ⇒ In 1968
Ist Asia Conference ψ ⇒ In 1997, singapore.

3) 1970 : Move to Addressing Social Issues

- Partition in 1947 lead to studies on conflicts, prejudice, stereotypes, discrimination & violence.
- To study cause of communal violence, ministry of education procured services of Gardner Murphy through UNESCO in 1950.

Book "In the Minds of Men" in 1953 edited by Murphy.

- Studies on racial & communal attitudes (1953); on caste attitudes (1958) by Adinarayan.

Zimbardo ⇒ Exp. on prison (1972)
Milgram ⇒ Exp. on obedience to authority (1974)

Book "Caste Prejudice & the individual" in 1970 by Paranjpe.

J.B.P. Sinha (1980) :- Proposed a new leadership style i.e., nurturant task-master.
(More likely to succeed in Indian work org.)

4) 1980 : INDIGENIZATION

→ Making something native (of that own culture)

→ In 70s & 80s ψ just a poor imitation of western culture.

→ ψ in India as "adoptology" by K.G. Agarwal in 1973.

→ Dev. of Indigenous approaches by Durganand Sinha (1998) & Jai B.P. Sinha (1995).

Blend of training from western culture & insight, knowledge of Indian culture.

→ D. Sinha (1994), two facets of indigenization.
- Product of culture. (One culture internally)
- Product of interaction of cultural variable (two cultures.

→ JBP Sinha (2002), two facets of indigenization
- Endogenous (own culture)
- Exogenous (Multicultural)

→ Gave Nurturant-Task Leader model (for Indian work settings)

Quality of effective leader → Able to nurture his staff.
- Expect them to acquire new skills & exp.

GREEK HERITAGE

- ψ evolved through philosophy, science & theology ?

Branch of philosophy known as epistemology / theory of knowledge.

- A three way synthesis of
  - Physics
  - Physiology
  - Mental philosophy
- Initial focus on measuring & understanding mind but now focus is shifted to behaviour.
- Included under philosophy as "mental philosophy"
- Separated from philosophy in 19th century.

I) Ancient Greeks

Imp Used of naturalistic observations & tremendous confidence in their ability for reasoning called "rationalism"

Search for essence of things.

- World as Macrosystem & Man as Microsystem.

Thales
Pythagoras
Democritus
Alcmaeon
Hippocrates
Socrates
Plato
Aristotle

1.) **Thales (6th century BC)**

- First Known Greek philosopher, physicist & mathematician.
- Discussed on nature of matter (ψ)

2) **Pythagorus (6th Century BC)**

- Developed the label "Philosopher" i.e., a lover of knowledge.
- Believed that body is a container for soul with an objectie to eventually purify itself.

3) **Democritus (460 - 370 BC)**

- School of thought called "Atomism" i.e., thing of world made up of units called atoms.
- What ever we percieve are due to interaction of these atoms with sensory receptors.
- His notions laid foundation for progress in scientific research.
- Said that "Similarity Creates Friendship".

4) **Alcmaeon**

- First to describe difference btw man & animals.
- Recognized brain as the centre of consciousness & called it soul.
- Brain as seat of thought & perception of vision, audition & olfaction.
- Dissection of human bodies for research.
- Health & Disease as matters of equillibrium.
- Gave two aspect theory of soul.

5) Hippocrates (460-380 BC)

- Father of ancient medicine
- Developed Hippocratic oath for medical profession
- Developed theory of Humors (expanded as theory of disease by Galen)
- Disease ⇒ Disturbed equillibrium btw Humors & cure depends of restoration of equillibrium.
- First to relate brain to conscious life.
  - ✓ Black Bile
  - ✓ Yellow Bile
  - ✓ Phlem
  - ✓ Blood

6) Socrates (470-399 BC)

- Life & work devoted to moral philosophy.
- Main method ⇒ Dialectics i.e., seeking knowledge by question & answers.
- Socratic questioning is a tech. commonly used in CBT.

7) Plato (427-347 BC)

- Book " The Republic" & "Duality of Psyche"
- Author of 31 philosophical dialogues.
- School of philosophy developed by plato "The Academy"
- 3 Aspects of psyche — Reason, Feeling, Appetite.
- Talked about relationship btw mind & body.

- Talked about sense perception.
- Excess pain & pleasure as disease of mind.
- Seat of psyche is Cerebrospinal marrow

8) Aristotle (384 - 322 BC)

- Founder of philosophical ψ.
- Father of Modern Scientific thought.
- Dualism of ~~ini~~ body & soul rejected & instead considered these two as one entity.
- Three reasons for association
  - Similarity
  - Contiguity
  - Contrast.
- First associonist.
- Described two types of human motives

Primary Motives

- Basic biological motives.
- Not learned but are genetic in nature.
- Action has to be done to fulfill these.

Secondary Motives

- Learnt later in life

- Concept of Catharsis
  - ↳ Sudden release of emotions by a person.

MIDDLE PERIOD

- Development of Islam which literally mean "Surrender to God"
- Followers of Islam were Known as Muslims

Two distinct periods

Early Middle Ages
- Without science & Knowledge.

Later middle ages
- With Science & Knowledge.

1) Saint Thomas Aquinas

- Italian philosopher
- aka "Doctor Angelicus" / "Doctor Communis"
- Father of Thomism.
- Body & Soul as a Unit.
  - Soul: Immortal & Universal.
- Substantial form of human ⇒ Rational soul

soul contain

(Active-Passive intellect & Will) Rational faculty

Sensitive faculty

Nutritive faculty

High ↕ Low

- Strengthened Rationalism & Empiricism.

2) The Renaissance Period

Renaissance → Literal meaning "Rebirth"

- Scientific & philosophical movement which started in France.
- Called as the "Enlightenment" / "Age of Reason"

III) Rene Descartes

- Founder of analytical geometry.
- Emotions have physiological base.
- Method of Knowledge acquisition was to doubt everything.
  "I think therefore I am"
- Mind/Soul are immortal & body is mortal.
- Mind-body dualism.
- Soul & mind of a person interact & influence each other.
- Discovered "Pineal Gland" through which soul affects the body.
- Distinguished btw two type of thoughts

Innate
- What we are born with

Acquired.
- What we acquire later

BRITISH EMPIRICISM

↳ An alternative to rationalism.

1° focus on associationism
↳ Way in which mental event are connected

Gp. of three English philosophers of 16th century

1) Thomas Hobbes (Materialist thinker)

- Book 'Leviathan' published in 1651
- Emphasized materialism
- Got education at Oxford.

- Human feelings & emotions can be explained in terms of function of human machines.
- Focused on mechanical materialism i.e., finding similarity btw humans & machienes.
- Brain creates thoughts.
- Knowledge can be acquired by observation & sense organs.
- Rejected introspection.
- Three things create association
  - Habits (association of Ideas)
  - Wishes (Linkage btw ideas)
  - Repetition (association of ideas)

2) John Locke

- Father of British empiricism
- Mind is born blank (Tabula Rasa) & the world writes on it.
- Rejected xnce of inborn/innate ideas
- Ideas develop through experience
- We learn two things

Sensations	Reflections.
- Acknowledgement of the stimuli by body	- Interpretation of stimulus by body
- Create ideas	- Connect ideas together.

- Encouraged observation method.

3) John Berkeley

- Advancement of theory of "immeterialism"
  Denies existence of material substance & said that things we see are just ideas in mind.
- A new theory of vision which states that visible objects are just ideas in mind & are not material objects.
- Used concept of "spirit" & "idea" → Sensation / Conscious exp.
  ↳ Conscious subject

4) David Hume

- 1st philosophical work is "A treatise of Human Nature."
- Sense & observation as true source of knowledge.
- Denied existence of material world.
- World is what the senses perceive it to be.
- Human mind tends to establish a cause & effect relationship.
- Gave utilitarian approach i.e, purpose of knowledge is to facilitate life.
- Distinguished between

Violent passions	Calm passions
Love, hate etc.	Aesthetic & Moral feelings.

5) David Hartley

- Made associationism a formal doctrine with a name.
- Only publication was "Observations on man, his duty & his expectations."
- Postulated "vibratory actions" within Nervous System.

Intense vibrations → Sensations
Less intense vibrations → Ideas

→ Contiguity as the only principle of association. Used to explain visual depth perception.

6) James Mill - "Wrote " History of India"

- Held that law of association could account for most complex mental experience. Concept of mental mechanics.
- "Everything" is just the sum of all ideas.
- Simple ideas together form more complex ideas & these complex ideas after a long usage appear as a single idea.
- Contiguity as the single prinincipole of association

7) John Stuart Mill

- Son of James mill.
- Consept of mental chemistry
- Ideas loose their original identity when they fuse into complex ideas by association
- Mind creates matter

www.milgrasp.com | Milearth www.milea

- Attributed the power of expectation of human mind. giving humans ability to expect certain sensations & called these set of expectations as permanent possibilities of sensations.

German Philosophers

1) Wilhelm Liebniz

- Believed that universe including humans is made up of atoms known as monads.
- These monads were believed to be spiritual in nature & are permanent i.e., can't be distructed having own stages of growth & development.

Objects → Made of lower monads.
Animals → " higher "
Man → " highest monads.

- Soul & body exists working parallel to each other complementing each others functions.

Imp This parallelism of soul & body is known as "psychophysical parallelism"

2) Immanuel Kant

- Observation & empiricism (scientific research) as the source of knowledge.
- Active human mind rearranges & categories information gathered through observation.

Mind functioning as a "Storage House" & it arranges info. for easy retrieval.

This stored info. is associated with already stored info. in mind which eventually results in formation of ideas.

Innate capacity of mind to see unity in what is being observed.

Relating observed info. with preexisting info.

- Mind has ability to give meaning to sensations & observations. (interpretation)
(Trying to conclude out of the observations)

* Mind has a function of an interpreter.

- Proposed that ψ can never become a science bcz science deals with matter & acc. to Kant mind is not mater.

MODERN PERIOD

1) Johannes Muller

- German physiologist.
- Believed that study of body would only be possible if we experimentally remove all organs and individually test their responses to various chemical & changing environment.
- Gave "Doctrine of Specific Nerve Energies."

This doctrine states that although all nerves carry same basic ~~electi~~ electrical impulse, but we perceive different message from different nerve.

Ex ⇒ Optic nerves produce Vision

Auditory nerves produce Hearing

- This happens because the message interpretation occurs in different channels in brain.

- Brain is functionally divided i.e., different parts of brain perform different functions.

- Gave the "Principle of Localization".

2) Claude Bernard

- French physiologist.
- Described role of pancreas in digestion.
- Gave concept of internal environment of the organism.

3) Marshall Hall

- Theory of "reflex action" mediated by the spinal cord.
- Voluntary movement → Controlled by cerebrum.

Reflex action → " Spinal cord

Involuntary movement → " Muscular force

Respiration → " Medulla

4) Pierre Flourens

- First one to prove that mind is located in the brain & not in the heart.
- Used ~~m~~ "experimental ablation" method to study function of brain.

Removal of part of brain of animal & than observing what function gets impaired.

5) Paul Broca

- Applied principles of experimental ablation to the human brain
- Observed beh. of people whose brain was damaged.
- In 1861, discoved "Broca's area" in left frontal lobe, ~~which~~ damage to which lead to aphasia (inability of ~~understand~~ meaningful speech)

6) Gustav Fritsch & Edward Hitzig

- Used Electrical stimulation a tool for understanding physiology of brain.
- Applied mild electrical currents on dog's brain & observed effects of stimulation.
- Stimulation of diff. portions of specific region cause contractions in opposite side of body

Now this region is primary motor cortex.

7) David Ferrier

- Work focussed on functioning of brain & localization of brain disease.

8) Stephen Hales

- Concept of Blood pressure.
- Studied effect of heat, cold & various drugs on blood vessels & reflexes in anminals

9) Fraz Gall

- Studied localization of ~~bro~~ mental functions.
- Founder of phrenology
  ↳ Study of Skull.
- In 1800, developed "Cranioscopy" i.e., a method to study personality ~~to~~ on the basis of external shape of skull.

10) Charles Bell

- First one to distinguish between sensory nerves & motor nerves.
- Demonstrated that ~~sensory nerves~~ spinal nerves carry both sensory & motor functions.

~~11) Weber & Fe~~

11) Earnst Heinrich Weber

- One of the founders of "Experimental psychology"
- Major work ~~in~~ about sensation of touch & Kinesthetics i.e., experience of lifting weight.

- Gave the "Law of Just Noticeable Difference"
  ↳ That minimum diff. b/w weight of two objects that can be distinguish the two.

Best described as a ratio of 1/40 i.e., for a std. unit of 40, subject would notice a diff. if one more unit were added to the weigh.

- Gave concept of two point threshold i.e., that minimum distance b/w two points of an object with which subject perceive those two points as two different objects and not as a single point/object.

K → Weber's Constant

$$\boxed{K = \frac{\Delta R}{R}}$$ i.e., Weber's Law

↳ A law quantifying the perception of change in a given stimulus.

ΔR ⇒ Change in stimulus ($R_2 - R_1$)

R ⇒ Original Stimulus

Ratio of ~~chas~~ change is stimulus that will be just noticeable (Just noticeable difference) is a constant ratio of original stimulus.

Described in 1834.

12) Gustav Fechner

- Founder of psychophysics
- Dev. experimental procedures for measuring sensations in relation to physical magnitude of stimuli
- Physical sensations ⇒ ↑ logrithmically
  Psychological " ⇒ ↑ arithmatically.
- Gave Fechner's Law i.e.,

$$\boxed{\underbrace{S}_{\text{Quantity of Sensation}} = K \underbrace{\text{Log}\, I}_{\text{Stimulus intensity}}}$$

This law is a non-linear relationship b/w ψ sensation & physical intensity of a stim

Published "Elements of psychophysics in 1860.

- Discovered perceptual illusion called as Fechner color effect in which colors are seen as a moving pattern of black & white.
- Speculated that if corpus callosum is split, two separate steams of consciousness will flow i.e, there will be two minds. This idea was proven correct by Roger Sperry & Michael Gazzaniga in mid 20th century ~~on~~ in work ~~of~~ on epileptic patient

13) Hermann Von Helmholtz

- Work on mathematics of eye
  theory of vision
  ideas on visual perception of space
  Color vision research
  Sensation of tone.
  Perception of sound.
- 1851, invention of "Opthalmometer" for determining radius of cornea

Wilhelm Dilthey

Book :- "Introduction to Human Sciences" in 1883

- German historian, psychologist, sociologist & hermeneutic philosopher.
  - Interprator of bible of literary texts.
- Major & important contributions to methodologies of humanities & other human sciences.
- Writings majorly include essays on intellectual history & philosophy of mind.
- Searched for philosophical foundation of "science of man, society & state" which he called Geisteswissenschaften/human science.

- Tried to answer the question of relationship between epistemology & psychology. (theory of Knowledge)
- Encouraged a broad pluralism of approaches (use of more than one method) to the study of psychic life.

Methods he emphasized are :-

Introspection
Observation
Comparative procedures
Experimentations
Interpretation of ~~ob~~ objective products.

Hermeneutics

- Include both verbal & non-verbal communication.
- Applied in humanities, law, history & theology.
- Theory & methodology of interpretation of biblical texts, wisdom literature & philosophical texts.

- Dilthey divided Sciences of mind into three structural level

Experience	Expression	Comprehension
- To feel a situation or thing personally - Meaning of unknown thoughts can be interpreted as soon as we experience it	- Converts experience into meaning which the individual may not be appear of consciously.	- Include both comprehension & incomprehension. - Produced coexistence "He who understands understands others; he who does not understand stays alone.

→ Distinguished between

Explanatory ψ	Descriptive ψ	Analytic ψ
Study of ψlogical phenomenon from a third persons point of view	→ Explain how diff. mental processes converge in the "structural nexus of consciousnes	→ ψ that tries to interpret things & behaviour.

→ Distinguished between natural sciences & human sciences.

→ Two parts of all human experiences

Objective Necessity	Sovereignty of will
→ ~~So~~ From the surrounding natural world.	→ From the inner experiences. - Responsible for action

TRANSPERSONAL PSYCHOLOGY

- Born at the end of sixties as a natural evolution of humanistic psychology.
- It is a branch of psychology "that recognizes & accepts spirituality as an important dimension of human psyche & of universal scheme of things."
- Studies & honors entire spectrum of human experiences.

Example

- Experiences & observations from meditation
- Psychedelic therapy
- Hyponosis
- Experiential ψtherapy
- Near death experiences
- ψlogical birth & rebirth
- Karmic experiences
- Extrasensory perceptions (ESP)

→ Focus is on spiritual aspect of human life.

Historical aspect

- Aristotle & plato recognized the possibility of perceiving directly the first principles through intuition.
- Saint Augustine pointed to intuition as the only way for man to get in touch with God.
- Descartes define intuition as "immidiate perception of single contents absolutely certain"
- Psychodynamic approaches emphasize the role of subconscious structures affecting personality functioning
- Transpersonal theory addresses "unknown" reality of personality functioning
- Gives notions such as "soul", "paranormal abilities" & extradimensional aspects of human personality

Cognitive Revolution (Era of 1950s & 1960s aka intellectual era

- An intellectual movement that began in the 1950s as an interdisciplinary study of mind & its processes.

- Relevant ~~ag~~ areas of interchange were between fields of ψ, anthropology & linguistics using approached developed within artificial intelligence, computer science & neuroscience

- Cognitive revolution include fields of ⇒ Education
Experimental ψ
Linguistic
Computer science
Artificial intelligence
Neuroscience
Cognitive ψ

⇒ Key goal was to apply scientific method to study of human cognition.

→ It was pioneered by - George Miller
Noam Chomsky
Jerome Bruner
Ulric Neiser.

1) George Miller

-Gave magic number 7± 2 in 1952 for the capacity of short term memory.

- Suggested application of info. theory to problem solv

) Naom Chomsky

- Rejected behaviorist approach in 1959 (BF Skinner's verbal beh.)
- Theorized that we have an innate capacity for language in our brains & we are born with it.

3) Ulric Neisser

- Book "Cognitive psychology" in 1967
- Gave label to the field.
- Looked the world from a cognitive & information Processing ~~vi~~ point of view

Assumptions of Cognitive Revolution

- It is a pure science based mainly on lab exp.
- Beh. can be explained in terms of how mind operates
- Mind works in a similar way to computer (Input, Storage & Retrieval of Data)
- Mediational processes occur btw Stimulus & Response.

5 Major Ideas from Cognitive Revolution

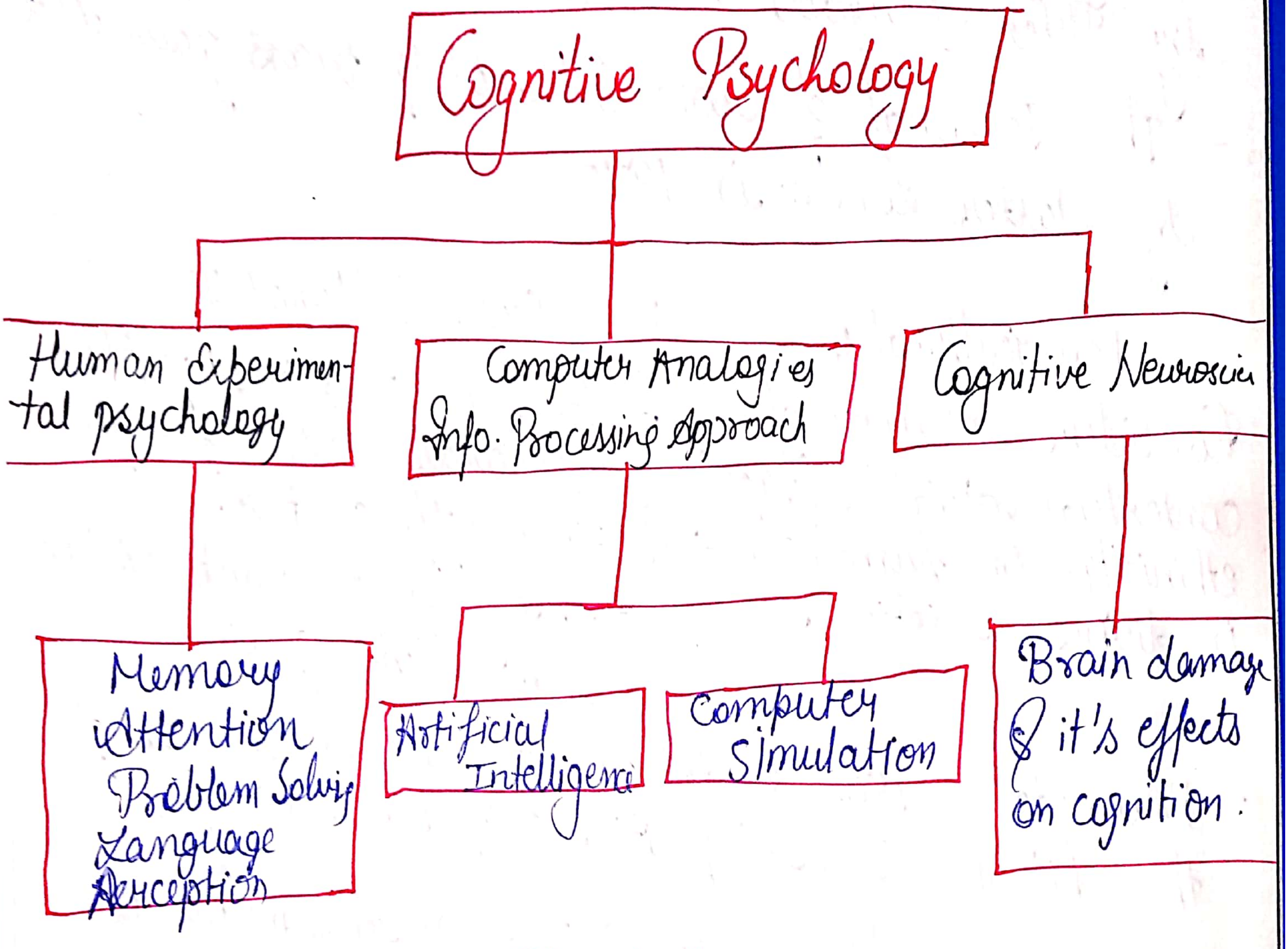
By Steven Pinker in his book "The Blank Slate" in 2002

1) Mental world cannot be grounded in physical world.
2) Mind cannot be a blank slate bcz blank slates do nothing.
3) Infinite range of behaviour can be generated by

finite combinational programs in mind.

4) Universal mental mechanisms can underlie superficial variation across cultures.

5) Mind is a complex system of many interacting parts.


Cognitive Psychology
Human Experimental psychology
Computer Analogies
Info. Processing Approach
Cognitive Neurosci
Memory
Attention
Problem Solving
Language
Perception
Artificial Intelligenc
Computer Simulation
Brain damage & it's effects on cognition.

Multi Cultural Psychology

- Culture can be used as the unit of analysis to study laws of human thoughts across cultures.
- Multiculturalism emphasizes the interplay between culture & mind & the ~~im~~ influences of cultural contact.
- It is a study of human beh. during encounter emotions & cognition

btw people of different cultures.

- APA has several ethinically based organization for professional psychologist' interactions.
- Society for cross cultural research was founded by Peter Murdock in 1972.
- The Journal of Cross-Cultural ψ was founded by Walter Lonner in 1970

Multicultural ψ	Cross-Cultural ψ
Considers influence of contextual variables (race/ ethinicity) on human functioning in diverse societies.	- Focus on relationship btw. individuals and/or groups from diff. cultur. - Also focus on comparisions btw cultural groups.

- Knowledge & skills needed for ψ have evolved out of the historical & sociopolitical chages in society.
- APA's Vail conference in 1973 foccused significance of multiculturalism

APA multicultural guidelines are divided into six categories.

1) Commitment to cultural awareness & knowledge of self others
2)
3) Education
4) Research
5) Practice
6) Organizational change & policy developmen

Paradigms of Knowledge

1) Ontology

- It is the philosophical study of being.
- Include concepts of → becoming
  existence
  reality
  categories of being
  relations.
- Often used as a synonym of "metaphysics"
  literal meaning is what comes after Physics.
- In a broader sense used as a reference to what might exist.

Imp: Term was coined in 1613 by Rudolf Gockel & Jacob Lorhard.

Classifications :

I) Substantialists

- Conceive ontology as a substance / thing.
- Called continuants.

Fluxists

- Favor ontology centred on events / processes
- Called occurrents.

II) Adequatists

- Taxonomy of entities in reality at all levels of aggregations.

Reductionists

- Decomposes reality into its simplest form

freetrial@milearth.com

Methods

- Impiricism (developing & testing scientific theories)

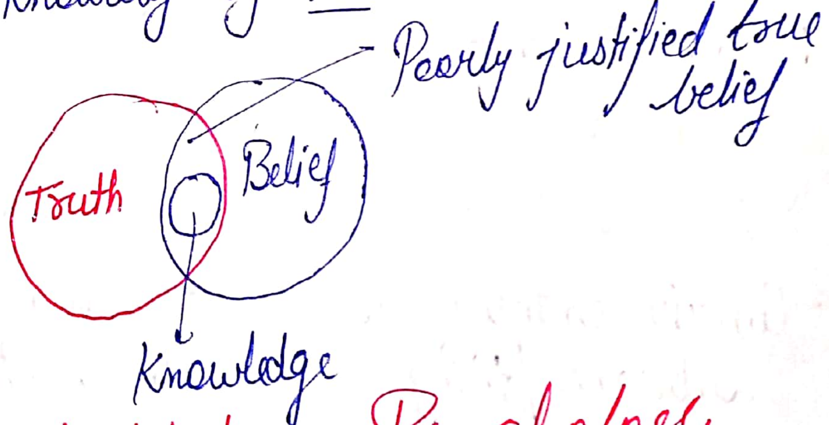
2) Epistemology

- Branch of philosophy concerned with theory of Knowledge
- It is the study of ✓nature of Knowledge
  ✓Justification
  ✓rationality of belief

Knowledge has three parts

Belief	Truth	Justification
- Expression of faith or trust in a person.	- Whether the belief is true in real life situations.	- Having a just reason for the belief to be true.

Definition of Knowledge by Euler



Paradigms of Western Psychology

1) Positivism

It is a philosophical theory stating that Certain Knowledge is based on natural phenomenon & their properties & relations

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- This positive knowledge is derived from sensory experience & interpreted through reason & logic.
- It is based on empiricism.
- Introspective, intuitive, metaphysics & theology are rejected.
  metaphysics ↓ study of fundamental nature of reality
  theology ↓ study of divine
- Auguste Comte in early 19th century developed positivism into a Religion of humanity
- Emphasis only on quantitative methods.

2) Post Positivism

- It is a metatheoretical aspect rejecting positivism epistemologically.
- It is an International relations theory including -:
  1) Realism -: World politics is always a field of conflicts among those in power.
     Has Machiavellian priority i.e., being the only one in power.
  2) Liberalism -: Rejects power politics as the ~~ow~~ only possible outcome of international relations.
  3) Constructivism -: International relations are historically & socially constructed.
  4) Marxism -: Focus on Economic & material aspects of cooperation / conflict

- Emphasize both quantitatue & qualitative methods
- Believes in existence of an imperfectly known reality.
- Believes the bias is inevitable & investigator must work to detect & correct it.
- Believes the human knowledge is based on human conjuctures.
- Name postpositivism was given by D.C. Phillips.

Structuralism (1879)

Study of elements of consciousness.

↓

Wilhelm Maximilian Wundt
Father of exp. psychology
Founder of structuralism
~~Founder of~~ first psychological laboratory
in Leipzig uni. in [illegible] 1879

Two attribute
↓
Quality
Int.

- Defi & Subject matter - Feelings (3Ds)
  Immediate exp. - sensation
- Principles of Connection
- Methods (exp. & interspection)
- Apperception (pheno, cognition, activity)
- Mind-body (~~parallel~~ psychophysical parallelism)

↓

- EDWARD BRADFORD TITCHENER

✓ Named structuralism.
✓ - × 3Ds of feeling | Sens.
Feeling
Affection

4 attributes
Quality
Int
Clarity
Duration.

✓ Thinking.
✓ Emotions < impression / expression

✓ psychophysical parallelism.

Disimilarities

Wundt	FichiTitchner
Two elements of conscious → sensation feelings.	~~four~~ three elements of conscious → Sensation feeling Affection
Two basic attributes- quality Intensity	Four basic attributes Quality Intensity Clarity Duration.
Gave 3-Ds theory of feelings i.e., pleasant-unpleasant excitment-calm strained-relexed.	Rejected 3-Ds theory of feelings. Only one dimension of feeling i.e, plesant-unpleasant ~~displesant~~
Supported applied aspects of psychology	Criticized applied aspects of psychology & considered psychology as pure & general science.
Institution providing training to a vast number of psychologist.	Worked as an individual.

Fate

- Significant being the first comprehensive system spelling out the goals & methods of pschology as a science.
- As a system it is dead today.

STRUCTURALISM.

School of psychology started by ~~William~~ Wilhelm Wundt in 1879.
It is a theory of consciousness.
It can be defined as study of the elements of consciousness. The idea is that conscious exp. can be broken down into basic conscious elements.

Major contributors →
WM Wundt
Titchner

① ~~Maximi~~ Wilhelm Maximilian Wundt → Daydreamer
Born in Germany in 1832
1855 → Joined medical school
First Book ⇒ Contributions to the theory of Sensory perception (1862)
~~Aststor~~ Principles of physiological psychology (1873-74)

Outline of psychology (1896)
Folk psychology (1900)

- Father of experimental psychology.
- Founder of first psychological laboratory in Leipzig University (1879)
Journal - Philosophische Studien (1881)
- He was a philosopher turned psychologist.
- Defined psychology as, "study of immediate experience."

Wundt's Systematic psychology
- in the book Outline of psychology

Experimental work of Leipzig laboratory

a) Wundt's Systamatic Psychology
- Book ⇒ Outline of psychology (1896)
  - Definition & Subject-matter of psychology
  - Principles of Connection
  - Methods of Psychology
  - Apperception
  - Mind-Body Problem.

① Definition & Subject-matter of psychology.

- For Wundt, psychology is science of experiences

Immediate experiences	Mediate experiences.
✓ experience as such.	✓ A way to locate about something other than the experience itsey.

Wundt defined psychology as the study of immediate experience/conscious experience & not of

✓ Emphasis on ⇒ atomistic nature of consciousness or conscious experience.
analyzed in terms of two psychical elements or atoms

Feelings	Sensations.
✓ Subjective contents	✓ Objective contents.
✓ Not from sense organ.	✓ Comes from sense organs
✓ Had 3 dimesions- excitement-calm Tension-relaxation Pleasure-displeasure	✓ Blended together forms image → Not regarded as independent component of consciousness

↳ Tridimensional theory of Feelings.

- Basic attributes of sensations & feelings -
Quality → Only sensations.
Intensity → Both sensations & feelings

Elements of sensations + Elements of feelings
⇓
Psychical Compound
✓ - gp. of simple sensations / feeli
(idea & emotions)

② Principles of Connections.

✓ - Combined by means of association & fusion of elements into consciousness
may be simultaneous or successive.

Involves

Assimilation	Complication
✓ Association of elements by similarity or by contrast.	✓ - Association of sensa from two sense modalities (sucha eye & ear)
✓ Ex - Optical illusions.	

- Principle of Creative synthesis.

③ Method of Psychology

✓ - Experimentation } Not seperate
✓ - Introspection.
↳ A person could analyze the conscious process for finding out how its elements were synthesized.

- Strictly experimental introspection.

Rules-
- Introspectionist should locate where the process ~~stat~~ starts.
- Maintain strained attention.
- Repetition.
- Cond^{n} must allow for introduction/elimination.

- It is not merely self observation

④ ~~Apprec~~ Apperception

Apperception as phenomenon	appercept^{n} as Cognition	appreception as activity
- Focus of consciousness.	- Unifying factor in mental processes.	- active process
- Today - attention		- always accompanied by a feeling of activity

⑤ Mind-Body problems.
- parallel but not interacting systems.
- psychophysical parallelism.
- exists side by side without any interaction btw them.

⑥ WORK AT LEIPZIG LABORATORY

Journal => Philosophische Studien.

ⓐ Sensation & perception exp.

Major work on visual perception.

Visual perception -> Color discrimination, color mixing, color blindness, visual contrast, perception of form, binocular vision, optical illusion etc.

Auditory perception -: exp. on beats, tonal fusion & analysis of intervals.

Touch perception - two pnt threshold. tactual localization.

② Reaction Time Experiments.

- Most impo.

Simple RT	Discrimination RT	Choice RT
- One key pressed as quickly as possible.	- Key for green light pressed for red light not pressed.	- Left hand - Red light - Right hand - Green light

③ Association exp.

- exp. on Word association.

Inner association	Outer association
• Intrinsic connection btw words.	- Do Accidental in nature.

④ Attention Exp.

- Vivid perception of a narrow region of consciousness.
- Studied ⇒ Range of attentionsion & fluctuation of attention.
- Bidimentional.

⑤ Feeling exp.

- 3-Ds theory

Gave the name Structuralism.

EDWARD BRADFORD TITCHENER
(1867-1927)

✓ Got trained under Wilhelm Wundt at Leipzig university, Germany.

✓ Dissertation topic ⇒ Binocular effects on monocular Stimulation.

✓ Books ⇒ ~~An~~ outline of psychology (1896)
Primer of psy. (1898)
Exp. psy. (1901-1905) → 4 ~~editio~~ volumes
Lectures in elementary psy. of Feeling & Attention (1908)
Exp. psychology of thought process (1909)
Textbook of psycho (1910).

✓ Journal ⇒ American journal of psychology (editor)

✓ Established structural psychology as a system in America in 1898 in his paper entitled, "Postulates of a structural Psychology."

① Subject - Matter of Psychology.

✓ All experiences were immediate.

✓ Psychology studies exp. wrt the person who exp. it.

✓ Made distinction btw mind & consciousness.

mind ↓ Total exp. from birth till death

consciousness ↓ exp. at any given time.

✓ Basic problems of psychology - what, how & why.

Three basic elements of consciousness-

- ✓ Sensations → strained - relaxed, 42,415 senses. excited - calm
- ✓ Feelings → pleasant - unplesent
- ✓ Affections → element of emotion:

Rejected Wund't 3-Ds theory of feeligs.

Basic attributes of elements →

Sensation & Images { Quality, Intensity, Clarity → not +nt in affection, other 3 +nt., Duration.

2) Methodology of Psychology

Introspection & experimentation

by observe having following characteristics ⇒

1. Complete impartiality & unprejudiced
2. Proper control over his attention.
3. Mind & body must be fresh.
4. +ve attitude.

③ Principles of Selection

✓ Use of concept of attention.

Three general stages—

① Native / involuntary / primary attenti
② Voluntary / Secondary attention.
③ Derived / habitual attention.

Continuous rather than seperate ones.

④ Principles of Connection

Fundamental law of association—

Law of contiguity..

- Meaning was the result of connection b/w past associations & images.

⑤ Emotions:
✓ Intensified feelings arising from sensation within body.

Method of impression   Method of expression.

⑥ Thinking
✓ Sensory & ~~imaginable~~ imaginal nature of thought process.
✓ Rejected will element

⑦ Mind-body Problem
psychophysical parallelism.

Similarity b/w Wund's & Titchner's structuralism
✓ Both pointed out ~~stud~~ psychology of conscious experience. Subject-matter was same.
✓ Methods of psychology were same i.e., introspection, experimentation and observation. Both emphasized on the necessity of trained introspectionists.
✓ Both believed in psychophysical parallelism.

1st
2nd
3rd

Functionalism

It is a psychological philosophy that considers mental life and behaviour in terms of active adaptation to person's environment.

↓

William James (1842-1910)

Book → Principles of psychology (1890)

- Defined psychology as science of metal life, including its phenomenon & their condn.
- Analytical character of consiousness & considered it a continuous process
- • Exp. • Instrospection • Comparative
- Emotions (Stimulus → Response → experience.
  James- lange theory of emotions.
- Instinct
- Self (me/empirical self (three stages)
  ① spiritual ② Social ③ Material
  Basic
- Memory (1° & 2°)
- Mind-body problem
  (Interactionist app.)
- Characteristicts of consiousness.

↓

JAMES ROWLAND ANGELL (1867-1949)

- Founder of functionalism.
- Three seperate Conceptions →
  - • Diff. btw. Structuralism & functionalism.
  - • ~~fundamental~~ consiousness & adaptation.
  - • Mind-body not diff.

objective psychology as ...
... key concern needs

Three conceptions were interrelated.
↓

HARVEY A. CARR (1873-1954)

- Developer of functionalism.
- Adjustment/adaptation → main tenets of functional psychology
- Psychology is the study of mental activity / adaptive behaviour
  ↳ Key concept

Three characteristics-
- Motivating stimulus
- Sensory stimulus
- Response.

- Four postulates of functionism
  - nu of stimulus x response.
  - sensory sti eff. both motive & bh.
  - Beh. is both adaptive & purposive.
  - Beh. is conti & coordinated process
- Mind-body ⇒ taken together
- Nature of data ⇒ Subjective + Objective
- Principles of conne ⇒

Principles of learning
  Descriptive
    - Similarity law
    - contiguity law
  Explanatory
    Origin
    Fundamental strength
    - Frequency law

Learning depend ←
- Ind. capacity
- Practice diff.
- Motivation.
- Degree of meaning

- Method of Selection.
  - ✓ Attention
  - ✓ Motives
  - ✓ Learning.

FUNCTONALISM

- Refers to a psychological philosophy that considers mental life & behaviour in terms of active adaptation to person's environment.
- Provides general basis for develloping psychological theories not readily testable by exp. & for applied psychology.
- Arose in late 19th century as an alternative to structuralism.
- Founder – William James.
- Major contribution – William James
  JAMES ROWLAND ANGELL
  Harvey Carr.

① William James (1842-1910)

- Founder of functionalism.
- Books → Principles of psychology (1890)
- Teacher of → E.L thorndike
  R.S Wodworth
  James angel.
- Criticized → elementalism & Wundtian introspectionism.
- Pragmatist

② Definition & Subject matter of psychology.

Defined psychology as, "Science of mental life, both of its phenomenon & their conditions."

mental-life ⇒ Consciousness

Focussed on analytical character of consciousness rather than the functional utility.

Acc. to him, consciousness is continuous process & not something composed of bits or parts.

② Methods & Snares.

Methods

- Introspection (inaccurate)
  - Natural gift of a person
  - No training needed.
- Experimentation. (futile)
- Comparative method (wild work)
  - Subsidiary to introspection & exp. method.

Snares

Difficulties & problems encountered in execution of methods of psychology
- Language.
- Psychologist's fallacy.

③ Emotions

James-Lange theory of Emotions.

Stimulus → Experience → Responce.

Acc. to James,

$$\text{Stimulus} \rightarrow \underbrace{\text{Response} \rightarrow \text{Experience}}_{\text{Emotional.}}$$

These emotional behaviour / response includes-
external rxn
internal rxn.

④ Instinct

Unleart pattern of reacting. Influenced by Darwin & other animal psychologists of his time.

Largest number of instincts

- These instincts facilitate both humans & animals in doing things in a natural way.

Instints in infants → crying, biting, moving, localizing

Instincts in adults ⇒ pugnacity, hunting, play, love, fear & jealousy.

- Self preservative & unlearned instincts.
- modifiable by habit.
- Non-rational

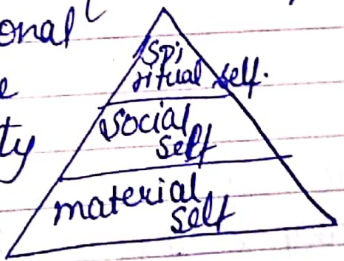
⑤ The Self → me / empirical self
- equivalent to today's personality.
- Consists of 3 hierarchical aspects →

Material self

- ✓ body & personal possessions like money, property etc.

Social Self

- ✓ Recognition of a person by others who also held some opinion about him. ↗



Spiritual self.

- ✓ All the psychic faculties of or dispositions taken together.
- ✓ Thinking, intellectual capacities, willing etc.

⑥ Memory 1° & 2° memory

Short term ← 1°

2° → Long term.

⑦ Mind-body Problem
- Interactionist i.e. interaction occurs btw body & mind.

⑧ Stream of Consciousness

Five major chararact. of consciousnes·

- It is personal & individualistion.
- It is always changing. We never have exactly the same idea/thought twice.
- It is continuous. No break in stream of consciousness although there may be temporary inter-ruptions in continuity as we find in case of sleep.
- It deals with objects other than itself.
- It is always choosing/ selective

Purpose of Consiousness-

- Makes human a better-adapted organism.
- Helps in making better conscious choices.

2) JAMES ROWLAND ANGELL (1867 - 1949)

John Dewey & James Rowland Angell are considered as founders of functionalism.

- Three seperate conceptions from the "Province of functional psychology" are-
  - Contrast b/w structuralism & functionalism,

Structuralism	Functionalism.
✓ Contents of consiousness	✓ Operations of mental processes
✓ Analysis of consiousness into diff. elements.	✓ Discovery of how a mental process operates, what it accomplishes for the person & under what cond^n it appears.
✓ glimpse of ~~Endur~~ Momentary consciousness	✓ enduring function.

- Function psychology was the "psychology of fundamental utilities of consciousness." Mind is always engaged in mediating b/w the ~~w~~ environment & the needs of organism. Consciousness helps in better adaptation to changing environment & thus helps in survival of organism.

- Functional psychology may be regarded as a typical method dealing with mind-body relations. It dealt with the totality of relationships of organism to environment (including mind-body functions). Thus study of non-conscious & habitual behaviour was also included. Mind-body are not diff. rather belonged to same whole.

These three conceptions were not independent but interrelated.

③ HARVEY A. CARR (1873-1954)
- Developer of functionalism.
- Student of James Rowland Angell.
- Book ⇒ Psychology : A Study of Mental Activity (1925)
- Adjustment / adaptation is the main tasks of functional psychology.

① Definition & Subject Matter of Psychology
- Study of mental activity / adaptive behaviour. → key concept

Involves Perception, memory, feeling, judgement & will.

Principal
Govt. Sr. Sec. School
HASSANPUR (Jhajjar)

- Conscious as abstract ~~concep~~ consept & plays an impo. role in adapting organism to env.
- Three characteristing of adaptive behaviour are-

Thirst - Motivating stimulus
Water - Sensory stimulus
Drinking - Response

② Postulates of Functionalism

- All activities are initiated by some sort of sensory stimulus. In -nce of stimulus no response.
- Sensory stimulus effects both motives & behaviour
- Behaviour is intrinsically adaptive as well as purposive.
- Behaviour is continuous & coordinated process & tends to modify stimulus situation.

③ Methodology

✓ Introspection
✓ Experimentation → Most desirable
✓ Observation

④ Mind-body Problem

Not seperated. rather the two ~~ind~~ interacted with one another.

Mental ~~co~~ act = Physical act + psychical act.

✓ Dualistic nature.

Nature of Data

data: both objective as well as subjective

emotions
Reasoning
Thinking

objective ↓ Adjustment/adaptation.

subjective ↑ Introspection

⑥ Principles of Connections

— Principles of ~~learing~~ learning.

Descriptive law of association.
- Law of ~~symittery~~ similarity

Explanatory law of association.
- Law of contiguity
  - Origion/functions of association
    - Contiguity
  - fundamental strength of associati
    - Why some associations are stronger then other.
    - Law of frequency/repetition.

— Concidered all three laws of association.

— Basic principles of functionalists involved in learning are⇒
- Ind. differences in the capacity of learner.
- Diff. practice → diff. learning curve.
- Motivation is essential for learning.

material ~~meanings~~ Degree of meaning — for scaling as most meaningful to least meaningful.

⑦ Principle of Selection

1° agents of behaviour selection are–

- Attention → · facilitates perception.
  · sensory-motor adjustment
  relatively persistent stimulus
- Motives → guiding action.
- Learning → Basi agent ~~of~~

Learning:
- Acquired through exp.
- Associated with response & capable of eliciting it in future.
- Imposed by society.

Dist. Between Structuralism & Functionalism

Structuralism	Functionalism
- Founded by Titchener & Wundt.	- Founded by John Dewey & James Angell.
- Studied elements of static consciousness.	- Studied mental processes or functions as activities.
- Concernd about pure analysis of mind or consiousness.	- More concernd about utility & commensense issues.
- Basic Question was- How can consiousness be analyzed to locate its contents?	- Basic question was- What do mental processes ~~are~~ accomplish in the world.
- Functions could not directly appear in consciousness & hence were not the objects of interospective analysis.	- ~~St~~ Functions were the objects of interospective analysis.
- Psychophysical parallel-lism for mind & body	- Intersectionistic approach for mind & body.

PSYCHOPHYSICS

investigates the quantitative relationship btw physical stimulus & resulting psychological exp.

↓

E.H. Weber. (1795-1878)

- temp sense
- touch sense → two pnt threshold.
- muscle sense
- Weight exp.
- JND

↓

G.T Fechner (1801-1887)

Father of psychophysics

- Weber's law
- Fechner's law
- Psychophysical methods ⇒
  - Method of limit
  - Method of average error
  - Method of constant stimuli

↓

Bell & Magendie

Dist. btw Sensory & motor nerves

Bell & Magendie law.

law of forward direction

(Later rejected) Doctrine of specific energies of nerve

Muscle sense as 6th sense.

↓

Johannes Muller

-Specific nerve energies (6 laws)

↓

PSYCHOPHYSICS

It is the science which tries to investigated the quantitative relationship btw physical stimulus & resulting psychological experience.

- Contributions ⇒ E.H. Weber
  G.T. Fechner

1) **E.H. Weber** (1795-1878)

- German physiologist. Leipzig University.
- Researches on touch.
  ↳ Provided breeding ground for development of ~~exp~~ psychophysics
- Work can be divided under three categories →

(i) **Temp. sense.**

Actual sensation of warm & cold did not directly result from actual temperature stimulation, rather it results from change in temp. of skin.

Ex ⇒ Hand in moderately warm water
No warmth felt
Temp of water ↑ed
↑ in sensation of warm due to change in skin temp.

(ii) **Touch Sense**

Produces three types of sensations

Sensation of pressure
Temp.
Locality

→ Two pnt threshold / limen
Varies for various parts of body
Varies from ind. to ind.

(iii) **Muscle Sense**

Acc. to Weber, there is no single sense of touch instead there are many senses of touch.

Muscle, skin & internal organs, all make seperate & special contributions to sense of touch.

→ Weber was mainly interested in knowing how well one can discriminate differences in weights of the objects by lifting & comparing them with each other.

"To what extent muscle sense contributes to discrimination of weight.

Two series of weight

Standard Comparable.

To be compared.

Results

(i) Correct discrimination of weight → when weights were allowed to be lifted i.e., Sensitivity to weight ↑ when muscle sense was included.

- More the senses used, more precise is the sensation.

(ii) Ability to discriminate small diff. in stimulus depends upon →

a) Intensity of stimuli

b) Ratio of diff. to std. stimuli

Smallest diff. b/w two stimuli that can be

detected → Just noticeable Difference
& able to produce effect 50% of time.
Difference threshold.
jnd.

(Father of Psychophysics)

② Gustav Theodor Fechner (GT Fechner)
[1801-1887] BOOK → Elements of psychophysics.

- from Germany.
- Physicist → Leipzig university
- Basic goal → to measure subjective ~~psycholog~~ sensation.
- Gave Weber's law i.e,
"The ability to discriminate/perceive small difference in a stimulus depends not on the intensity of stimulus alone but also depends on the ratio btw the diff. & the standard stimulus used."

Named it after E.H. weber because he formulated this law on the basis of studies by weber on → weight discrimination
Pitch discrimination.
Visual discrimination.

~~$\Delta I \propto W$~~
~~$\Delta I = KW$~~

- Interested in providing a sensory scale which ~~tht~~ could demonstrate a || btw physical event & mental events. Wanted to measure by what degree one sensation was greater/lesser than other sensation.

(Fechener's Law)

- Gave psychophysical methods
① Method of Limits
② Method of Constant stimuli
③ Method of average error.

ⓐ Method of Limits

aka ⇒ Method of smallest perceptible difference

Method of just noticeable difference.

Absolute threshold / Reiz line / differential limen

Two point threshold exp.

ⓑ Method of Constant Stimuli

aka ⇒ Method of right & wrong cases.

→ Presented stimulus difference in some random order.

→ Taking each stimulus diff. as constant, relative frequence, with which a specific judgement was made for each stimulus is calculated & by plotting these judgments, RL & DL were derived.

ⓒ Method of average error

aka ⇒ ~~Ment~~ Method of adjustment

Method of reproduction

- Subject is ~~at~~ asked to manipulate the comparision stimulus in accordance with standard stimulus.
- Muller-lyer illusion.

Feschner's Law

Intensity of stimulus has a logarithmic relationship with intensity of sensation i.e.,

Intensity of stimulus ↑ in geometrical order, 1,2,4,8,16 etc. Intensity of sensation ↑ in arithmatical order 1, 2, 3, 4 . . . etc.

Scottis French
③ Sir Charles Bell & Francois Magendie
anatomist & surgeon
- About sensory & motor nerves' distinction.

Anatomically & functionally diff.

✓ Comunicates signals from external & internal environment to spinal cord.	✓ Signal from spinal cord to muscles initiating response.
✓ Enter spinal cord through ~~anterior or ventral root~~ posterior or dorsal root.	✓ Leaves spinal cord through anterior/ ventral root.

Initially Bell's law.
Later Bell-magendie law.

- Bell gave "law of forward direction." States that cond^n in nerve occurs only in one direction.
↳ Helpful in study of reflex arc & reflex action

- Bell also formulated doctrine of specific energies of nerve
• Same stimulus → diff. sensation in accordance with the nerves it stimulates.
• Diff. stimuli → impringe upon same nerve → same sensation occurs.

1826, added 6th sense (muscle sense) necessary for better motor control. ⇒ nervous circle.

④ Specific nerve energies: Johannes Muller.
(1801-1858)

Book => Handbook of the physiology of Man (Handbuch der physiologie der Menschen)

- Doctrine of specific nerve enerergy of nerves -> fundamental law in sense physiology.

object & mind.

- Six laws -

• Nerves act as intermediates & impose their own ~~ch ch~~ characteristics on what is experienced in perception.

• 5 types of nerves - each imposing its own specific ~~characteristics~~ quality upon mind.

• Same stimulus ⟶ diff. nerves ⟷
qualities specific to that that set of nerves.

• Mind located in brain, an equivalence of internal & extertal stimuli occurs.

• tnce of definite characteristics ~~by~~ in object ⟶ stimulus of nerve otherwise no stimulation.

• Mind has ~~spe~~ selective power over the specific energies of nerves.

⑤ HERMANN VON HELMHOLTZ
(1821-1894)

- Physiologist, woked with Muller.

• In 1850, measured speed of nerve impulse: reaction time.

• Invented myograph, a revolving drum for recording muscular contractions.

- Recorded muscle twitch of frog's motor nerve. Said that speed of nerve was 90 ft/sec.

• Theory of vision & audition

- Invented opthalmoscope - can directly look into eyes of subject.
- Gave young Hemholtz theory of color vision.
- Three fibres in optic nerve → responsible for three wavelength → red, green & blue.
- There must be areas in brain which are specialized in producing sensation of 3 1° colors / their mixtures.

• Theory of hearing / ~~harp~~ resonance or harp theory of hearing.

• vibration / sound → basilar membrane ← attached to several nerve fibres.

~~capable of~~ terminate in auditory area of brain ← attached to several nerve fibres

↳ Respond to specific tone → Discri. b/w two diff. sounds on the basis of pitch & loudness

Geneticism

→ Unconscious inference → empirisism.
- irresistable.
- developed by experience
- Inductive.

→ Theory of perception ⇒ characteristics of stimulus objects

HUMANISM

Humanistic psychology gives overall emphasis upon "healthy functioning of human being" his "modes of living" & "goal in life"

Concept of self => central idea

↓

Carl Rogers (1902-1987)

Books → Counselling & psychotherapy (1942)
Client centered therapy (1951)

Roger's self or person centered theory

Three constructs -
Organism
Self
Self actualization [Simple → complex
Dynamic force

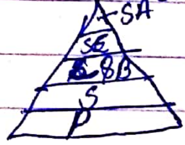
Critic → Smith (1950

↓

Abraham Maslow (1908-1970

Books → Motivation & personality (1970)
Toward a psychology of being (1968)
Further reaches of human nature (1971)

- Spiritual father of humanistics
- 5 hierarchical needs



- Self actualization → Growth / B motives.
- Physiological, Safety, Love & Belongingness, Self Esteem needs } Deficient, Deficiency or D. moties.

HUMANISM [Concepts related to self]

Basic tenets of humanistic psychology by Buhler (1971) =)

① Person as an whole.
emphasis on understanding rather than explaining human behaviours.
② Emphasis upon entire life history.
③ Self actualization as life goals.
↳ Self realization is highly motivating to peoples.
④ Person's inner nature
basically good.
⑤ Deemphasis upon animal's researches.
human beh. & animal behv. diff.
⑥ Creative potentiality
Creativeness ⇒ common characteristic of human nature.
⑦ Emphasis upon psychological health.

Humanistic psychology gives overall emphasis upon "healthy functioning of human beings", his "modes of living" & "goals in life."

Major contributors -
① Carl Rogers
② Abraham maslow.

① CARL ROGERS (1902 – 1987)
↳ Books → Counselling & Psychotherapy (1942)
Client Centred therapy (1951)

Gave →
Roger's Self theory
aka ⇒ Roger's person centered theory

- as client centered psychotherapist.
- Method of treatment ⇒ Client centered therapy
- Interaction with therapist results in awereness of conflict, wishes & forces in client.
- Role of therapist is passive
- No clear advices given rather it involves simple reflection on the feelings of his client.

- Self theory is a holistic theory & can be studied under following ~~four~~ three constructs-
  1. Organism
  2. Self
  3. self actualization

① **Organism**

In Roger's terminology, organism refers to totality of exp. ~~it~~ going on ~~within~~ ~~it~~ within the whole ind. at a particular moment.

* locus of all experiences.

② **Self**

Organism i.e, totality of both concious & unconscious experiences constitute phenomenal/perceptual field.

When a portion of perceptual field becomes personalized & diff. as I or me experiences, self is said to formed.

It is fluid & either in awerness or out of awereness acc. to Roger's.

Self-concept	Ideal Self.
all those aspects of exp. perceived in awerness.	- all those characteristics one aspires to possess. - Equivallent to concept of super ego in freudian theory.

* [illegible]

- Relationship btw self & organism.

③ Self actualization

every indv. has an inherent tendency to actualize his unique potential. It is a growth force that is a part of person's heredity. → Biological potential
→ Psychological growth.

Characteristics

- Gradually develops from simple to complex. Makes person more creative.
- It is a dynamic force. The degree of adequate degree of self-actualization, person keeps moving forward.

Basic needs for self actualization

- +ve regards from others } Learnt during
- need for self-regard } infancy.

Criticism

By Smith (1950) → based of naive type of phenomenology.

② ABRAHAM MASLOW (1908-1970)

Books → Motivation & Personality (1970)
Toward a Psychology of Being (1968
The further reaches of Human Nature (1971)

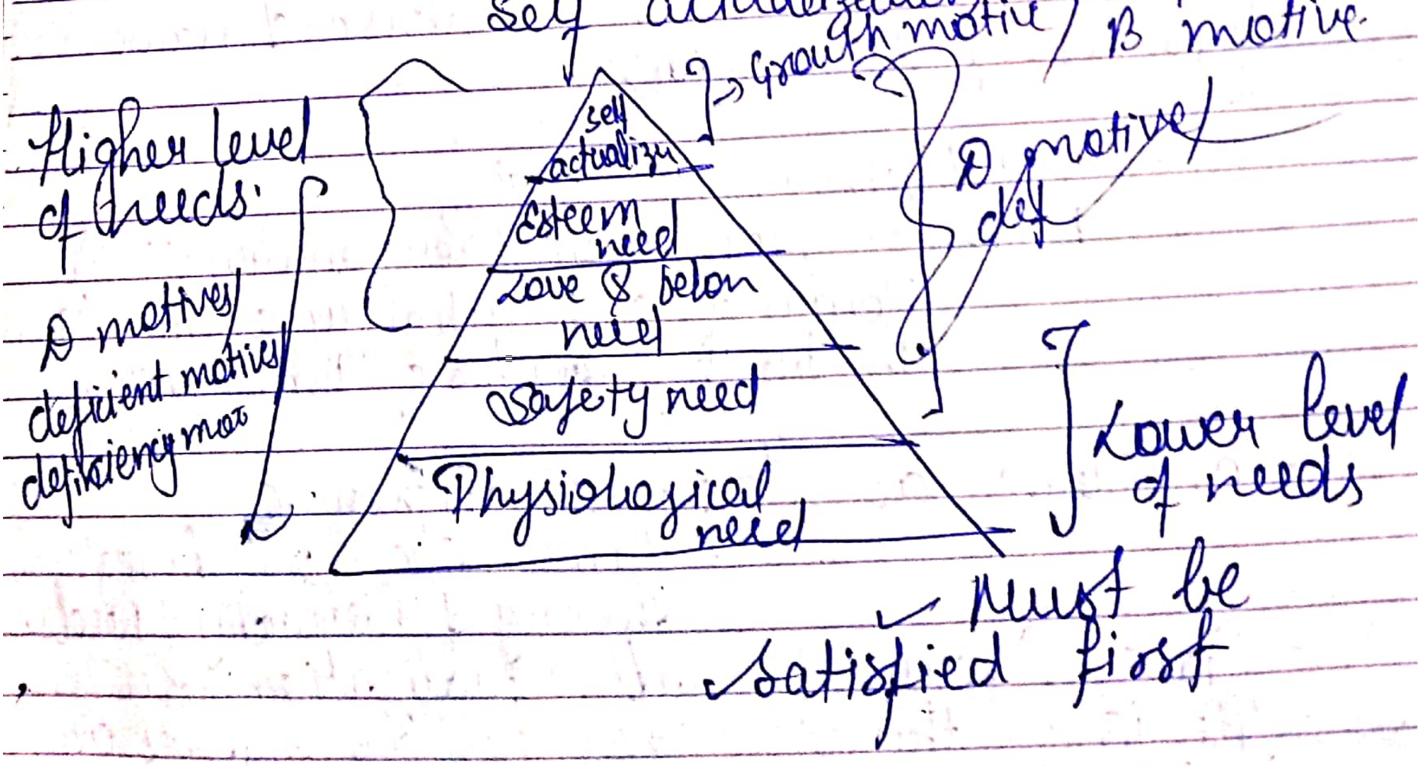
- Considered as "Spiritual Father of Humanistic psychology".
- Gave theory of self actualization aka "theory of hierarchy of needs.
- He is of the view that human motives are innate & they are arranged in ascending

hierarcy of potency or priority.

Maslow's basic assumptions about motivation-

- Holistic approach to motivation. (whole ind. & not part is motived).
- Continually motivated by one need or other.
- Motivation is complex & this complexity is due to unconsious elements of the drive.
- Diff. cultures → diff. manner of expression of physiological needs.
- Various needs can be arranged in hierarchy of priority.

Five needs, in order of their priority -
Physiological needs
Safety needs
Love & belonginingness need
Esteem need
Self actualization need.


growth motive / B motive
self actualizn
Esteem need
Love & belon need
Safety need
Physiological need
Higher level of needs
D motive/ deficient motive/ deficiency mot
D motive/ def
Lower level of needs
Must be satisfied first

① Physiological needs (D-motives)

- Need for food, water, O_2, temp, sex etc.
- If not satisfied, no other higher needs will originate.

Two basic Characteristics-

- Cyclic needs. reoccur again after a specific period of time.
- Can be wholly satisfied.

② Safety needs (D-motives)

-Includes- Physical security
Protection
Stability
Freedom from anxiety, danger & chaos.

- Occurs only after physiological needs have been partly or fully satisfied.

✓ Adults → not impo. motivators
children → Great motivators.

✓ During emergency situations, safety needs are 1° motivators.

③ Love & Belongingness needs. (D motives)

- effective only when above mentioned 1° needs are satisfied or relatively satisfied.

-Includes → friendship
Love
Affection
For belonging to particular gp.

→ If not fullfilled → undeveloped personality
having sound psychological health.

④ **Esteem need** (D-motive)

- need for strength, competence, self-confidence etc.
- Prestige, fame, dignity, dominance & appreciation.

In 1970.

Similar to → ~~Af~~ Alfred Adler's striving for superiority
Erik Erikson's need for mastery.

⑤ Need for self actualization. (B-motives)
In 1970,

refers to the desires for self fulfillment, to realize one's all potentials & to become what one wishes to be. Means to reach peak of one's potential so that he becomes a fully functioning person.
B-motives.

Characteristics of Self-actualizing persons-
① Efficient perception of reality.
② Fully understant self.
③ Not artificial nor conventional.
④ Int. in problems outside themselves.
⑤ Strong need for privacy & autonomy.
⑥ Sense of continued freshness of appreciation.
⑦ ~~&~~ More frequent peak experience or ectasy.

GESTALT

~~to~~ Founder => Max Wertheimer
Cofounder => Kohler & Koffka.

- Concept of whole.
  - ↳ Max Wertheimer.
  - ↳ Kurt Koffka
  - ↳ Wolfgang Kohler.

① MAX WERTHEIMER (1880-1943)

- Born in Prague
- Interested in perception of movement.
- Made observations with the help of stroboscope.
- Kohler & Koffka acted as subjects in exp. of Wertheimer.
- Presented two vertical ~~&~~ lines (one on left & other on right through the window of tachistoscope.

· If one second elapsed => no movement. i.e., perception was similar to the actual physical ~~perception~~ presentation.

· ↓ in time, subject reported one moving line & not two lines.

"Perception of apparent movement occured ~~when~~ only when an appropriate interval of time was given b/w two flashes of the stimuli" => phi-phenomenon.

He pointed out that when subjects perceived the apparent movements / phi-phenomenon in the visual stimuli, they were perceiving whole / Gestalt rather than successions of isolates stimuli.

Book => Productive thinking (1945)

2) WOLFGANG KOHLER (1887-1967)

- Born in Estomia
- Experiments on chimpanzees & chickens to study their visual discrimination.
- Insight facilitated learning in apes.
  - box on box to reach to banana or ceiling
  - Pole in pole to reach banana on ceiling.
- Specialization in auditory perception.

Contributions of Gestalt psychology

① Perception

i) Perception as part-whole psychology.

Two major characteristics of whole:-

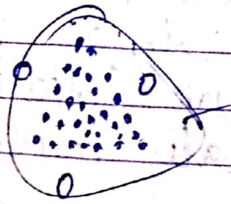
- Whole are unified wholes & not clusters of sensations.
- Seperate & distinct from ground (figure-ground.

ii) Principle of organization.

- Native & natural laws.
- aka principles of primitive organisations.

a) Principle of similarity -

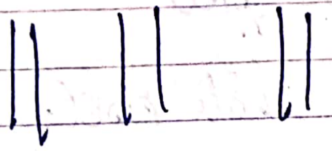
Those objects which are similar in their structure tend to be perceived/organized together into ~~two~~ whole.



→ triangle is perceived

b) Principle of proximity.

Close objects either in time/space would tend to be organised together as whole.

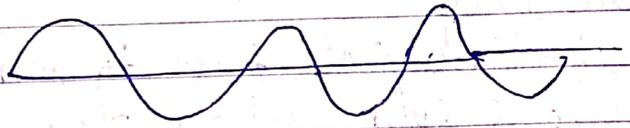


Three pairs of vertical lines & not 6 vertical lines.

c) Principle of continuity

aka principle of good continuation
principle of direction.

Objects having continuity with each other are tend to be perceived flowing in the same direction & thus perceived as a fig.



d) Principle of objective sets

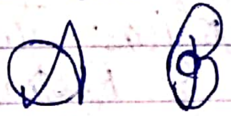
If we see at a particular pattern of object & develop a mental set for it, possibility is to continue see that pattern even though stimulus arrangements might be slightly changed

OO OO OO OO   OOOOOO OO

e) Principle of pragnanz.

aka principle of good form
good gestalt
principle of pregnancy.

We tend to assume the best possible form of objects even though physical objects may not be in developed & symmetrical form



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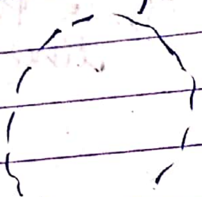
②

f) Principle of closure

when certain part of the perceptual object is left out, we have a tendency to fill the gap & perceive the complete object.



g) Figure-ground principle

Any perception tends to organise itself into a figure that stands out upon a certain background.

iii) Object Constancy

Perceived objects tend to remain constant in size even when they are viewed from varying distances & despite of the changes in retinal images' size.

iv) Field Dynamics

A field is a dynamic whole or system in which changes in any one part affect the other parts.

v) Phi-phenomenon & isomorphism

principle of isomorphism states that, there is a one to one relationship b/w what one actually perceived & what happened in brain although the correspondence b/w the two may not exist in exact form. Thus the relationship b/w two is topological & not topographical. Two types of forces in brain — Cohesive & Restraining.

Excited nerves attracted to each other

Excited nerves that prevent cohesive forces.

~~[illegible]~~

Defi. & method of psycho

Defined psychology as study of immediate phenomenal exp. which covered psychological function such as memory, thinking, percyption etc.

- Experimentation
- introspection

Postulates

Primary

- Whole-part
- Whole is not sum of its part.
- Whole have diff. characteristics than part
- Whole dominates its part & provide basic data of study.

Secondary

- ✓ Principle of isomorphism
- ✓ Principle of perceptual ~~isomorphism~~ organization.
- ✓ Non-continuity view of learning.
- ✓ Principle of contemporaneity.

③ Mind-body Problem

Isomorphism.

Psychophysiological isomorphism.

- Data is unanalyzed & immediate experience.
- Principle of selection - ~~pr~~ Gastaltian principles.

1st force - Psychoanalysics
2nd force - Behaviolurism
3rd force - Humanistics, phenomenology & existential psych.

BEHAVIOURISM

- Founded by J.B. Watson in 1913 at John Hopkins University.
- Founded initialy as a protest against structuralism & functionalism.
- Second force in psychology.
- Psychology is study of behaviour.

Major Contribution - ~~to~~ J.B Watson
Skinner

① JOHN BROADUS WATSON (1878-1958)

Characterists of behaviourism are-

- Psychology is a purely objective experimental branch of science.
- Introspection forms no essential part of methodology in psychology.
- Study of consiousnes => x any impo. scientific data & thus should be eliminated as proper subject for investigation.
- Proper subject matter of psychology is both simple & complex behaviour.

Book => - Behaviour: An intro. to comparative psychology (1914)
- Psychology from the Standpoint of a behaviourist (1924 & 1929)
- Behaviourism (1925 & 1930)

Two subsystems

Primary
Secondary

metaphysical/radical

+ve aspect
x empirical/methodological behavior.
x Emphasis on objective psychology

-ve aspect
rejection of introspection as method.

* PRIMARY ASPECT :

① Definition of Psychology

- Psychology is a branch of natural science dealing with behaviour (includes verbalization).
- Subject matter is not consciousness, mental funtion or psychophysical process.
- Stimulus-Response psychology

simple complex learned/unlearned overt Covert.

- Two specific objectives →
  To make prediction about response after knowing stimulus & vice-versa

Learned overd ⇒ talking, walking etc.
Covert learned ⇒ Thinking, perception
Overt Unlearned ⇒ Tearing, knee jerk, eye blinking etc.
Covert Unlearned ⇒ BP, digestion, heart beat etc.

② Methods of Psychology

1. Observation
2. Conditioned Reflex Technique (Pavlow)
3. Testing.
4. Method of Verbal reporting.

③ Postulates of Psychology

- Behaviour consist of glandular secretion & muscular movement i.e, its is reducible to some physio-chemical processes.
- Contain response element.
- Cause & effect determinism in behavior (Stimuli → response)

- Study of conscious processes must be ignored.

④ Nature of data

✓ Emphasis on objective data.

③ Principles of Connection

- Conditioning => fundamental principle of learning
- Law of frequency & recency of association.

⑥ Principles of selection

Selection of stimulus takes place on the basis of large number of inherited tendencies.

⑦ Mind-body problem

View of Behaviourists =) ~~One min~~ one body & no mind

- Monistic approach.
- Considered brain as mysetry box.

* SECONDARY ASPECTS

- Language
- Thinking.
- Watson's environmentalism
- Determinism.

① Language

development of lang → learned activity out of infant's random babbling & vocalizations.

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Govt. Sr. Sec. School
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- Conditioning plays impo. role in learning.

Circular conditioned responnce
syllable => la, da
- Self perpatuation

Adult repeating babbling.

Repeating appropriate syllable by showing object to child.

② Thinking
- Implicit / covert behaviour that consists of tendencies of muscular movement / glandular secretion.
- Subvocal talking.
- Peripheral theory of thinking.

③ Watson's environmentalism.
Behaviour depends on environment
Famous Quotation
"Give me a dozen of healthy infants, I will guarantee to take anyone at random & train him to becom any type of specialist."

④ Determinism
- human behaviour is determined & is not a product of free will.
- Impo. in study of criminal behaviour.

② ~~BR~~ BURRHUS FREDERIC SKINNER (BF Skinner)
(1904 - 1989)

- Birth ⇒ 20 March, 1904
- Operant Cond^n chamber/Skinner box ⇒ To study various principles of learning.
- Invented baby tender to study beh. of human infants.

Book ⇒ Beh. of organisms (1938)
Science of human beh. (1953)
Verbal beh. (1957)

~~Resea~~ Reason of calling behaviourism as descriptive behaviourism → bcz Skinn's approach has been descriptive/~~deductive beh~~.

Deductive beh. ⇒ David Hull
Inductive beh ⇒ Skinner

Contributions

① Psychology of Conditioning.
- Operant/instrumental conditioning

Type S	Type R
- Conditioning of the respondent ~~beh~~ resp.	- Conditioning of the operant responce.
- Reinforcement is correlated with stimuli.	✓ Reinforcement is not correlated with stimuli. but with response ✓
- Respondent response is one i.e., elicited by given stimuli.	✓ Operant response is one i.e., not elicited by the given stimuli.
- Ex → Pavlovian Cond^n	✓ Ex – Rat's bar pressing
- Limited scope & nature.	

"If the occurance of an operant is followed by the presentation of reinforcing stimulus, the strength is ↑."

-ve reinforcers ⇒ those stimuli which strengthens the organism behaviour when withdrawn from the situation.

Schedule of reinforcement

Continuous	Intermittent/partial
- reinforcement after each responce.	✓ some with reinforcement & some without reinforcement.
✓ Used in begining part of training	✓ After continue.

② Drive

Skinner explained drive in term of operation-ism & made it clear that it could be measured ~~objectil~~ objectively like anything.

③ Emotions

- Objective description.
- Explained emotional behaviour wrt the situations/circumstances that effect the probability of a particular response to occur.

④ Shaping & Superstitious Behaviour

↳ Animals can be trained to perform complex tasks that are ordinarily outside their normal range.

⑤ Verbal Behaviour

⑥ Teaching machines & programmed learning

⑦ Behaviour Modification

⑧ Beyond freedom & dignity